GOURMET RECIPES

Curried Parsnip Soup

An easy and tasty recipe for curried parsnip soup, a vegetarian and spicy dish very easy to make.

December 27, 2017

TYPE OF DISH	DIETARY CONSIDERATION	SERVES FOR	TOTAL TIME
SOUP	VEGETARIAN	4	5 HR 40 MIN

Preparation

Heat the **butter** and oil in a saucepan set over a medium heat until hot. Add the **onion** and sweat with a little salt for 5 minutes until softened.

INGREDIENTS

Vutter
2 tbsp

Vegetable oil
1 tbsp

Onion

Add the **parsnips** and **spices**, and cook for 3 minutes, stirring occasionally. Add the **stock**, stir well, and cook until simmering.

Pour the contents of the pan into a slow cooker. Cover and cook on low for 5 hours until the parsnips are tender.

Puree the soup in a food processor or using an immersion blender until smooth. Stir in the **milk** and return the soup to the slow cooker, cooking on high for 15 minutes until hot. Season to taste.

Ladle into soup bowls and top with a swirl of cream and a sprinkle of chopped **tarragon** before serving.

1, finely chopped

parsnips
500 g, peeled and diced

cumin
1 tsp, ground

curry
1 tsp, powder

vegetable stock
900 ml

Milk
300 ml, whole

Cream
75 ml, double (heavy)

tarragon
2 tbsp, finely chopped

salt

Pepper
freshly ground

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